









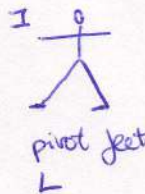

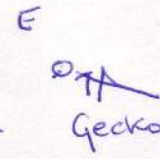
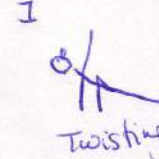


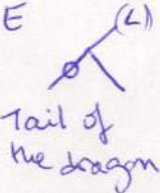
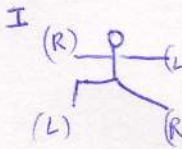




R: right  
 L: left  
 I: Inhale  
 E: Exhale  
 B: Breath/s





Sequence Title: A VERSION OF ANIMAL PARADE SEQUENCE Date: 11/07/2020

Ending sequence:

 E  
 Big elephant  
 I → I  
 Bear or Moongoose  
 (hop) (hop)  
 I → I  
 Table top  
 E  
 Big elephant  
 I ← push hands up  
 ← tip toes  
 E  
 I  
 (catch back)  
 E  
 - Repeat a few times.

①  
 I  
 pivot feet to R  
 E-B  
 Trikonasana  
 I  
 pivot feet L  
 E-B  
 Parsukonasana  
 E  
 Gecko  
 I  
 Twisting dragon

 E  
 Tail of the dragon  
 I (R) (L)  
 (L) (R)  
 I  
 E  
 pivot around + bounce  
 E  
 pivot around + bounce  
 I  
 pferse

 E  
 Rolling in hands  
 I  
 Pushing hands in front and sides  
 E  
 I  
 + Ending sequence.  
 Parting clouds.

Menchu